

Total Knee Arthroplasty Pre-Op Exercises

Quad Sets



Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.

Straight Leg Raises



While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Heel Slides



Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position.

Bridging Elastic Band Abduction



While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks, and raise your buttocks off the floor/bed as creating a bridge with your body.

Sit to Stand



Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or similar object.

Wall Squats



Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

Your knees should bend in line with your second toe and not pass the front of the foot.

Side Steps



Place a looped elastic band around both ankles. Next, bend your knees and step to the side while keeping tension on the band the entire time.

After taking steps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.